

HardTack (Ship's Biscuit)

Get your kids involved in cooking their own historic snacks!

Ingredients

- ☐ 2 Cups of Flour
- ☐ ½ to ¾ Cup of Water
- ☐ 1 Tablespoon of Vegetable Shortening
- ☐ 6 Pinches of Salt

Instructions

Mix all the ingredients together into a stiff batter.

Knead several times and roll the dough out flat to ½ inch thickness on an ungreased cookie sheet.

Bake for ½ an hour at 400 degrees.

Remove from oven, cut dough into 3 inch squares, and punch 4 rows of holes, 4 holes per row into each square.

Flip the dough over, return to oven and bake another ½ an hour.

Turn oven off and keep door closed. Leave dough in oven until cool.

Background

During the Civil War, both the North and the South provided the soldiers with a food that was filling if not tasty. Hardtack became a joke with the Union (Northern) troops, who called the biscuits "tooth dullers" and "sheet iron crackers." Bake up this recipe and pretend like you are a soldier in the Civil War!

You can dunk your hardtack in hot cocoa or tea to soften it up!



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